

Headquarters U.S. Air Force

Integrity - Service - Excellence

Air Force Fitness Program



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10 Leading Health Indicators



- ☒ **Physical Fitness**
- ☒ **Overweight and Obesity**
- ☒ **Tobacco Use**
- ☒ **Substance Abuse**
- ☒ **Responsible Sexual Behavior**
- ☒ **Mental Health**
- ☒ **Injury and Violence**
- ☒ **Environmental Quality**
- ☒ **Immunization**
- ☒ **Access to Health Care**



CHIEF's Sight Picture

- *We're a much different Air Force today
...living in tent cities
...working on flight lines in extreme heat
...called upon to defend the base*
- *Our physical fitness needs improvement*
- *Put responsibility for PT in the chain of command*



AIR FORCE
Air & Space Power



Commander-Driven Physical Fitness Training

- Fitness required as part of job
- Tailored to mission needs
- Duty-time PT

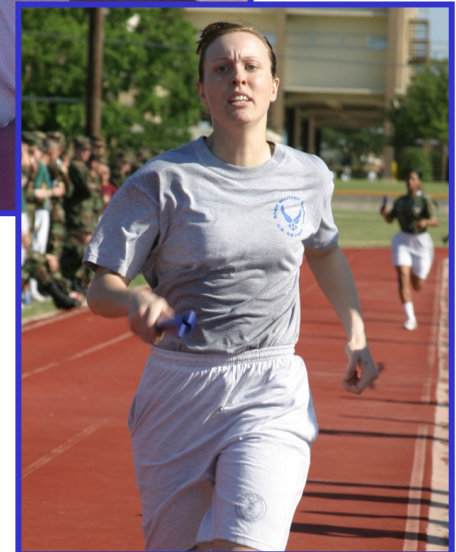


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Health-based Fitness Assessment

- **Aerobic fitness**
- **Body composition**
- **Muscular strength and endurance**





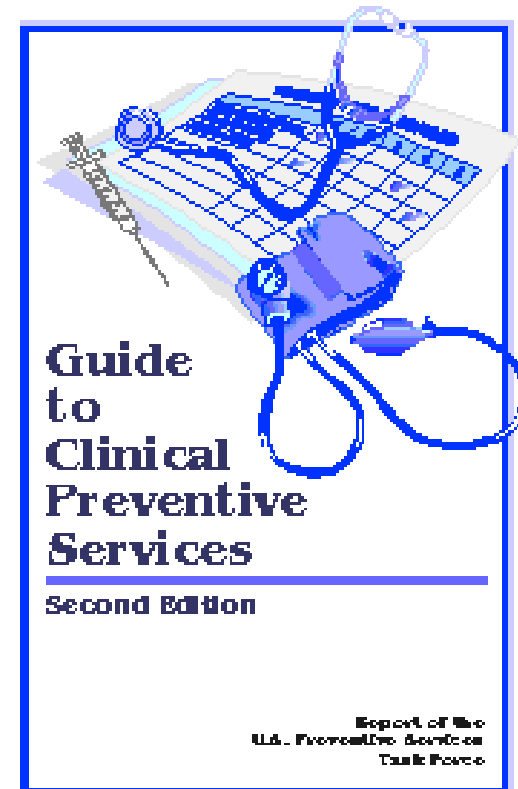
Identification of Risk

■ Annual Health Assessment

- US Preventive Task Force Screenings
- Assess risk factors
- Identify health needs and problems

■ Automated Tools

- Cardiovascular Screening
- Track physical limitations
- Duty Status Codes





Fitness Assessment

Males 50-54

Aerobic Fitness		
1.5-Mile Run Time(min.)	Bike Test (VO ₂)	Component Points
<11:06	≥47	50.00
11:07-11:24	46	47.50
11:25-11:36	45	45.00
11:37-12:12	43-44	43.50
2:13-12:54	41-42	42.00
12:55-13:36	39-40	40.50
13:37-14:24	37-38	39.00
14:25-15:18	35-36	37.50
15:19-15:48	34	36.00
15:49-16:54	32-33	34.00

Body Composition	
Abdominal Circumference (inches)	Component Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05

Muscle Fitness			
1 minute Push-up (# Reps)	Component Points	1 minute Crunch (# Reps)	Component Points
≥39	10.00	≥43	10.00
37-38	9.75	41-42	9.50
35-36	9.50	39-40	9.00
32-34	9.25	37-38	8.75
30-31	9.00	35-36	8.50
27-29	8.75	32-34	8.25
25-26	8.50	30-31	8.00
22-24	8.25	28-29	7.75
20-21	8.00	26-27	7.50
17-19	7.75	24-25	7.40

42.00
8.50

+

22.35

+

8.75

=

**Composite Score:
81.6 points**



Composite Scoring

Score	Fitness Level	Actions
90 - 100	Excellent	➤ Retest in 12 months
75 - 89.9	Good	➤ Retest in 12 months
70 - 74.9	Marginal	➤ Retest in 6 months ➤ Lifestyle Education
0 - 69.9	Poor	➤ Retest in 3 months ➤ Monitored PT ➤ Lifestyle Education ➤ Targeted Intervention



Environmental ~~Assessment for Fitness~~ and Nutrition

- **Structural Environment**
- **Work Environment**
- **Fitness and Nutrition Programming**
- **Primary Health Care Services**





Turbulence of Change

- **Use of abdominal circumference to assess body composition**
 - **Advantages**
 - **Identifies members at risk for disease; based on research**
 - **Simple technique, easy for individuals to self-assess**
 - **Science**
 - **Independent predictor of risk; independent of ht, age, race**
 - **Greater correlation to risk than total body fat**
- **Returning to maximal aerobic test (run)**
 - **Health risk screening**
 - **Alternative for high risk personnel**
- **Focus on physical fitness training, not testing**
- **Command ownership**



Questions



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BACK-UP SLIDES



Air Reserve Component

- **Commander's Program**
 - **Stresses lifestyle change, not testing**
 - **Individual's responsibility to meet Expeditionary Air Force needs**

- **Reserve / Guard Supplements**
 - **Specify sub-maximal aerobic test for those unable to run**



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Abdominal Circumference Data

Males (n=5253)

Abdominal Circumference	Body Mass Index (BMI)	
	≤ 27.5 "	> 27.5
< 40 "	3747	1181 ^b
> 40 "	30 ^a	295

^a None with BMI < 25 or body fat $< 18\%$

^b Twelve had a body fat $> 26\%$; those 12 had abdominal circumference 35.5-40"



Abdominal Circumference Data Males (n=5253)

BMI <25					
Body Fat <26			Body Fat >26		
<35.5"	35.5 - 40"	>40"	<35.5"	35.5 - 40"	>40"
1798	187	0	0	0	0
BMI 25 - 27.5					
Body Fat <26			Body Fat >26		
<35.5"	35.5 - 40"	>40"	<35.5"	35.5 - 40"	>40"
787	965	20	0	10	10
BMI >27.5					
Body Fat <26			Body Fat >26		
<35.5"	35.5 - 40"	>40"	<35.5"	35.5 - 40"	>40"
172	997	157	0	12	138

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